



March 11, 2010

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REMINDER: Healthy Hometown Advisory Council Meeting Scheduled for April 2nd

Our next Healthy Hometown Advisory Council Meeting will be held at 10:00 am at the Forum at the Department of Public Health & Wellness, 400 East Gray Street. This is a rescheduled meeting, which was postponed in January due to weather. Mayor Abramson will present our 2009 Leadership Awards to those volunteers who really stepped up last year. Dr. Troutman will present a rousing year in review. Be sure to join us! RSVP to mary.bradley@louisvilleky.gov.

Food Summit This Weekend

The 2nd annual Louisville Food Summit entitled “Everybody Eats: *Ingredients for Change*” will be held this Saturday, March 13, 2010 at Meyzeek Middle School. This year’s Food Summit will feature the documentary, *Food, Inc.*, as part of a national campaign called *Ingredients for Change*. The day will also include a tour of several Louisville-based food initiatives and interaction with nationally renowned author Joel Salatin of Polyface Inc, who will participate in a panel discussion following the movie. Support for the *Ingredients for Change* Campaign was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey (www.rwjf.org).

Apply for Mini-Grants

Healthy Hometown Mini-grants are back! Applications are now online, so [click here](#) to download and apply. The deadline is April 16th. Last year, \$50,000 was distributed to 19 community groups and organizations in grants of \$500 to \$3,000 for grassroots physical activity and nutrition programming. Since 2005, the Healthy Hometown Mini-grant program has presented more than \$300,000 to as many as 75 deserving groups. Be sure you are one of them in 2010!

Worksite Wellness Awards Application is Online

Applications for the 2009 Worksite Wellness Awards are online, so [click here](#) to submit your company or organization’s proven program. The application has been expanded to include criteria from the Wellness Council of America (WELCOA) and will be scored in the same three size categories; 1-249 employees, 250-999 and 1000+. The application is being streamlined to be even easier than before so be sure to give your program a shout out! Awards will be presented by Mayor Abramson at the Healthy Hometown Worksite Wellness Conference on June 1st (see below).

Worksite Wellness Conference Scheduled in June

The third in a series of Worksite Wellness Conferences presented by the Healthy Hometown Worksite Wellness committee will be held on Tuesday, June 1st, at the Baptist Hospital East Conference Center. Mayor Abramson will present the 2009 Healthy Hometown Worksite Wellness Awards and we will introduce a special guest, an exciting “newcomer” to our community! The morning program includes presentations by industry professionals, informational booths and opportunities for Q&A. Sponsors for the morning event include Neace-Lukens, Baptist East and Valu-Market. If you would like to participate as a presenter or host a booth, please contact megan.lafollette@louisvilleky.gov.

Mayor's Miles Continue to Spread throughout the Metro

Mayor's Miles are the fun and increasingly popular way to encourage walking throughout the city. A new Mayor's Mile is now on site at Waterfront Park and provides both a 1-mile and 2-mile walking option. Look for the starting point on Witherspoon Street near the Fleur de Lis Gardens. A new Mayor's Mile is currently being installed on the Spalding University Campus. This Mile features a new stenciled ground marking feature which we hope to make available for other Mayor's Miles. UPS just signed on for a new Mayor's Mile at its Outer Loop facility for employees as part of their worksite wellness activities. And plans are underway to install a Mayor's Mile at Wellington Elementary, one of our new fitness magnet schools. For more information about how you can get a Mayor's Mile for your business, neighborhood or school, contact marigny.bostock@louisvilleky.gov.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings: All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

Food In Neighborhoods	Monday, April 5	5:30 pm	Downtown YMCA
Schools	Thursday, April 8	10 am	Greens Academy
Worksite Wellness	Thursday, March 18	8 am	Milestone Wellness Center
Step Up, Louisville!	Thursday, March 11	12:30-2pm	TARC 3rd Floor Meeting Room

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News:

Food Summit Kick-Off Dinner

Our partners at Community Farm Alliance will kick off the Food Summit on Friday March 12 with a dinner and presentation at The Clifton Center featuring Joel Salatin as keynote speaker. Tickets for the talk are still available (\$20 online or \$25 at the door) at www.communityfarmalliance.org.

Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the ***Healthy Hometown*** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@att.net or they can be downloaded from the ***Healthy Hometown*** website at www.louisvilleky.gov/healthyhometown.

The ***Mayor's Healthy Hometown Movement News*** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all ***Healthy Hometown*** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.